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→ Brain Drain and Family Strain:
The Impact of Immigration on
Pakistani Families

OUTLINE

1) Introduction

a) Attention Grabber

b) General Statement

c) Thesis Statement

2) What is meant by brain drain and how it is causing family strain?

3) Causes of brain drain:

(a) Poor law and governance situation in Pakistan

(b) Outdated education system

(c) Improper health facilities

(d) Increasing unemployment

4) Brain drain causing family strain?

- (a) Placing more burden on the family or partner
- (b) Separation from family
- (c) Emotional stress for family
- (d) Changing the social dynamics of the family

5) Impacts of immigration on Pakistani families

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- (b) Social and cultural migration through emigrants
- (c) Becomes a reason for delayed marriages

6) How to curb the brain drain?

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- (b) Providing up-to-date education to the people
- (c) Facilitating people with employment
- (d) Providing social services free to the people.

7) Conclusion

The Essay

What if the next Einstein or Newton is forced to leave their country due to lack of opportunities? Such questions are harder for statesmen to answer. Brain drain is the biggest threat not only to the developing countries but also to the developed ones. With the recent advancements in the field of science and technology, the process of immigration is also increased. Every single individual who has some skill wants to live his/her life according to his expectations, which eventually resulted in the form of brain drain. There are so many reasons

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which are forcing the young and educated people to leave their country in search of better opportunities. These includes: poor social services, no law and order discipline, low income, poor health services and unemployments. However, by taking some effective measures, this curse can be mitigated.

In simple words, brain drain is the process and movement of young as older population to the other foreign countries in search of better lifestyle and facilities. It is caused by number of factors, which forces people to leave their homeland and loved ones in search of

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better opportunities. Another major reason behind brain drain is to uplift the social and economic status of the people. According to UN World Population, nearly 1.3 million Pakistani people left their homes in 2023. Similarly, brain drain not only causes a loss to the country but also affects the social fabric of the family. It puts the family under strain which means that the emigrant left his responsibilities on the shoulders of his family members to look after the domestic affairs. Hence the family has to rely on themselves in domestic sphere.

To begin with, the biggest cause for the brain drain is the poor governance situation

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in Pakistan. Law and order situation in the country is below the average line.

According to the Human Development Report-2024 (HDR)

Pakistan ranks an 124th position out of 191 countries. This clearly reflects the current law and order situation in Pakistan. One out of every five person has experienced somehow the brutality of governance. Hence, this fosters the situation of disappointment among youth and forces them to leave the country.

Another biggest cause of brain drain is the outdated and poor educational system in Pakistan. Moreover, about 26 million children are out of school which further makes

the system more effected.
According to the World QS
Ranking 2024, only 2 Pakistani
universities falls above the
top 500 universities in world.
Such educational system, gives
a reason to the educated
people to leave Pakistan for
better educational purposes
and leading to the permant
residency. Moreover, Pakistan only
spends 1.91% of its GDP to
the education sector (133.981
billion rupees — Budget FY 2024).
This shows that Pakistan is
willing to spend more on its
defence than its education.

Another factor which causes
the brain drain is the inadequate
health services. Pakistan is facing
severe challenges in its health
sectors. These include the low pays,

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insufficient paramedical staff and the availability of doctors. According to HDR report 2024, Pakistan stands at 124th number globally. Similarly, the health department got only 27 billion rupees from budget FY-2024.

This clearly reflects that that the availability of & quality health service to the people are is difficult and urges people to move abroad. Similarly, the infrastructures of public hospitals are not up to the mark and does not have the quality equipments that are crucial to serve the people. In this way, all these factors, collectively contributes to the brain drain of the local population.

The most import and the biggest factors as cause

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of brain drain is the unemployment. Unemployment leads youth directly to the improper activities and even to the depression. In Pakistan, unemployment is the biggest threat to the country then comes the terrorism.

According to United Nations Development Program Report 2024, there are more than 4.5 million unemployed people in Pakistan.

Unemployment provides a path to the people to leave Pakistan and to settle abroad. Hence the current situation of jobs in Pakistan is providing more fuel to the fire of brain drain, forcing more and more people to go abroad for better earning and economic conditions.

Although a person may leave the country for better

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opportunity but on the other side he puts a burden of responsibilities on the shoulders of his family. This marks a strain on the family and many a hopes are associated with the person who has gone abroad.

Sending one person to some foreign nation/country does not mean that the hurdles have been uplifted but rather it has increased the difficulties for the immigrant's family. The emigrant has put a burden of the family on their shoulders. Now the family has to see their social and other domestic affairs themselves. On the other hand, the immigrant also faces a large number of difficulties in the new country and has to handle the

the situation solely. This makes the condition more miserable for the family and the immigrants.

Another strain on family is the separation. Family members are separated due to the brain drain and live their lives without seeing one another often. A recent research by Brown University, concluded that 30% of the people die without the presence of their children. Parents and their children usually meet after years and years. This further puts a gap between their bondings. Parents keep looking for their children to return home but also hope for their better tomorrow. This leads to the long term separation between the family

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members.

Humans are emotional creatures of God. They live together and develop emotions. But when their loved ones depart from them, it leaves an emotional stress onto them. Families often face emotional disorders and their love, care and affection puts them into a deep teckling state. This results in the form of stress, depression and anxiety.

Hence, with the passage of time, this emotional stress keeps on increasing and makes it more difficult for the family to leave live without the departed person.

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last but not the least, social dynamics of the family also changes as a result of family strain. The tasks and actions which men were used to perform, now has to be performed through the females of the family. This makes it more difficult for the family members to look the both both internal and external spheres. Resultantly, it puts more pressure and responsibility on the family.

~~Brain drain~~ Brain drain and family strain has badly effected the social fabric of Pakistan. Similarly the immigration has also impacted the family structures in Pakistan. Dependency on foreign remittance, cultural migration

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and delayed marriages are in fact the results of immigration.

Firstly, Remittance plays an important role in the uplifting of family's social and economic condition. But on the other hand it makes family more dependant on remittance to look the domestic affairs.

If not provided timely, it can cause serious problems and even rises tension among family members. Likewise, the sender has to work hard to live up his life and to send remittance to the family. So, this condition makes the situation versatile for on both ends to meet the economic challenges.

Secondly, by spending

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Some time in another country, one automatically adopts their culture. He makes a separate social standing as compared to the family. This results in the adoption of other his culture by the family through himself. In the beginning it may not feel different, but some time one starts hating his previous and native culture. Resultingly, immigration allows them to adopt another another culture and to transform himself into a new personality.

Lastly, one of the major impact that immigration has put is the delay in marriage. Young male and female, who go abroad for settlement purposes usually delays the decision to get married. According to the

WHO report 2023, 34% people in Pakistan are above 30 years of age who are unmarried and are looking for stability. This shows that how much the immigration process has impacted the Pakistanis in late marriages. Likewise there are many Pakistanis who have married abroad and prefer to marry their children there instead of Pakistan.

Although brain drain has affected the social cycle of Pakistan and also has impacted the family strain, but it can be mitigated with the adaptation of right policies and reforms.

The important step that can help people to not leave their homeland is the application of effective governance

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and the rule of law. Nobody should be considered above the law and the decision should be made on the basis of merit. This will not only help to decrease the rate of brain drain but will also raise a layer of safety and liberty among the people.

Another important step is to raising the education system from the ashes. All the progress in the modern world is a result of their education system. For this purpose, latest curriculum along with vocational training is crucial to uplift the social and economic condition of the nation. Training of teaching staff and infrastructural development

is also needed. Most importantly
govt should increase the
budget spending on the
educational sectors as it is
the most needed one. Through
this, Pakistan will not only
become an educated nation
but will also attract the foreign
students.

The biggest need of the
hour is to eradicate unemployment.
More than 90% people leave Pakistan
just for this reason. Government
should come up with reforms
and different programs to
give employment to the the
deserving people. Moreover, institutes
should promote small business and
banks should provide interest free
loans to the people to start
their businesses. This will

definitely help the people to promote employment and no one will sleep empty stomach.

Lastly, Government of Pakistan should invest more in the public sectors. Free medical services, medicines, old age pensions, stipend to unemployed, building software parks and running transport services with low fares is the need of the people. The economy of Pakistan is not so strong to afford these initiative but by collaborating with foreign investors, Pakistan can achieve this goal.

In a nutshell, Pakistan is passing through a critical time and is facing many

